

APPENDIX A

VIEWGRAPHS MASTERS

HOW DO THE INDIVIDUAL COPING SKILLS DIFFER

OPERATIONAL

- **FACIAL TAUTNESS**
- **LACK OF CONCENTRATION**
- **FRUSTRATION**
- **LOUD, EXPLOSIVE SPEECH**
- **TENSE POSTURE**
- **ANXIETY, FEAR, PANIC**
- **FINGER\, KNEE JIGGLING**
- **POUNDING & CLENCHING FIST WHILE WALKING**
- **IRRITABILITY OR EDGINESS**

COMBAT

- **WITHDRAWAL**
- **TEMPER**
- **DEPRESSION, INSOMNIA**
- **ERRATIC ACTIONS, OUTBURSTS**
- **LOSS OF SKILLS & MEMORIES**
- **IMPAIRED VISION, TOUCH & HEARING**
- **HALLUCINATIONS, DELUSIONS**
- **IMPAIRED DUTY PERFORMANCE**
- **HYPERALLERTNESS**

FACTORS WHICH INFLUENCE COMBAT AND OPERATIONAL STRESS

OPERATIONAL

- **REALISTIC
TRAINING**
- **UNIT COHESION**
- **OPTEMPO**
- **FAMILY**
- **FINANCIAL**
- **PROBLEMS**
- **TDY/PCS MOVES**

COMBAT

- **UNIT COHESION**
- **SENSE OF
MISSION**
- **BATTLE FATIGUE**
- **MALNUTRITION**
- **UNPREDICTABILITY**
- **FEARS &
ANXIETY**
- **INJURIES**

STRESS

- **BODY'S RESPONSE TO A DEMAND (STRESSOR)**
- **EVENTS OR SITUATIONS WHICH:**
 - **REQUIRE A CHANGE**
 - **CREATE INTERNAL EMOTIONAL CONFLICT**
 - **POSE A THREAT**
- **THE DEMAND MAY BE PHYSICAL OR MENTAL**
- **STRESSORS CAN BE POSITIVE OR NEGATIVE**
DEPENDING ON HOW THEY ARE PERCEIVED BY

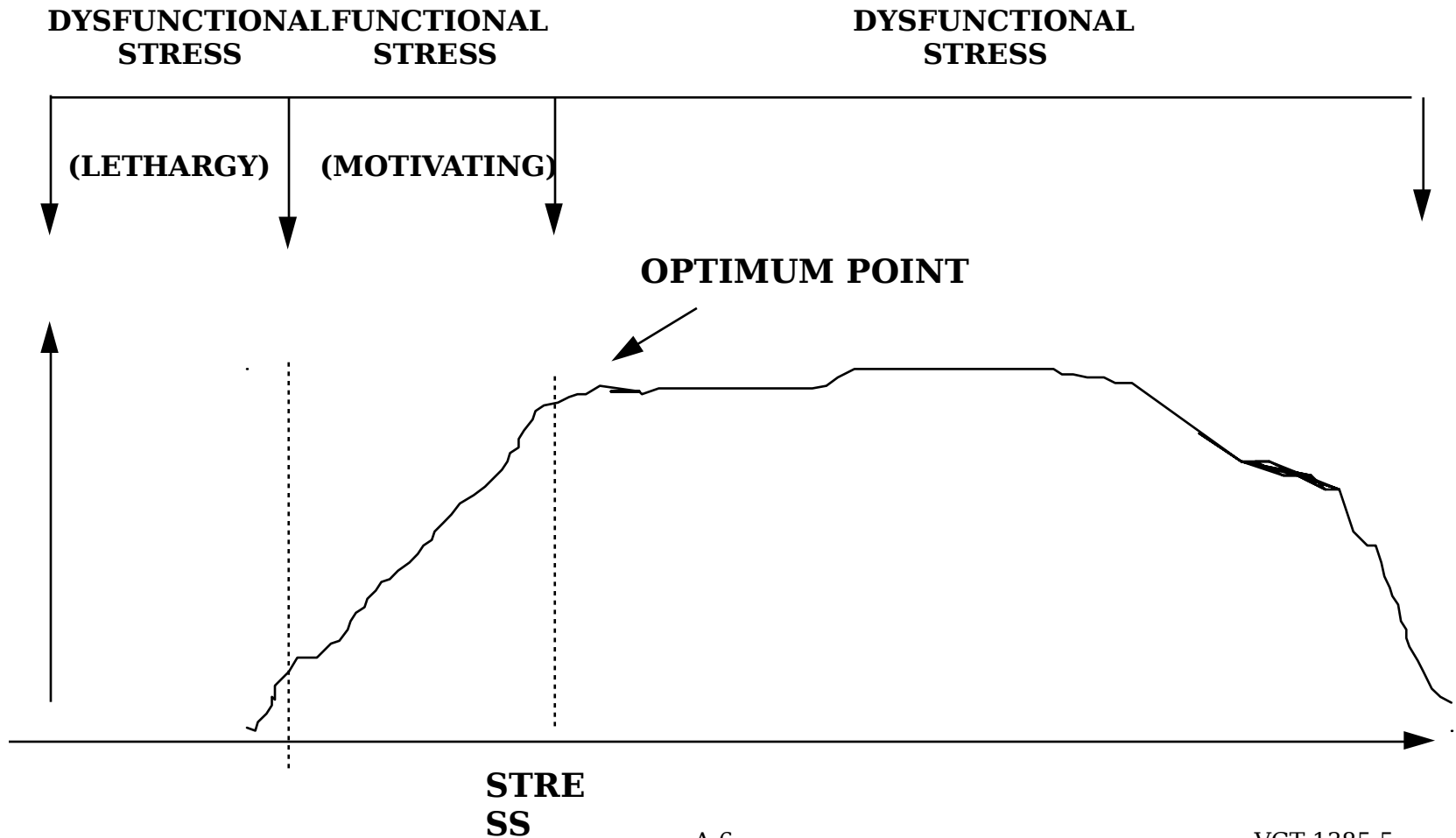
USEFUL STRESS

**THE PRESSURE THAT HELPS US MEET AND OVERCOME
UNPLEASANT OR PAINFUL SITUATIONS**

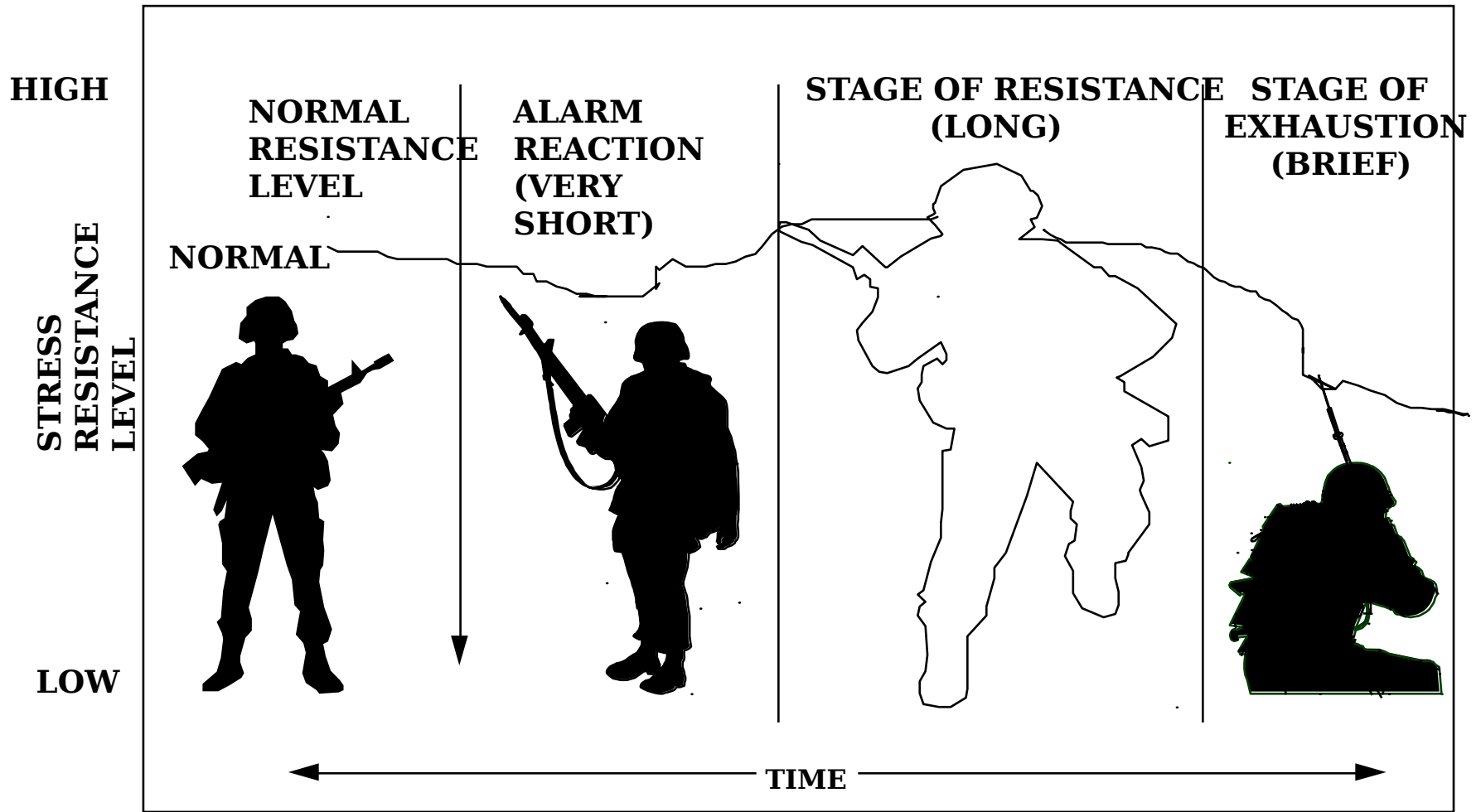
HARMFUL STRESS

**EXCESS MENTAL AND PHYSICAL STRAIN ON THE BODY
WHICH CAUSES PHYSICAL AND MENTAL PROBLEMS**

THE STRESS-PERFORMANCE RELATIONSHIP



STAGES OF STRESS ADAPTATION



COPING WITH THE IMPACT OF STRESS

- **PRACTICE STRESS-COPING TECHNIQUES**
 - **COUNSELING**
 - **SIMPLE RELAXATION TECHNIQUES**
 - **PREVENTATIVE TECHNIQUES**
- **PHYSICAL PREPARATION**
 - **GET ENOUGH SLEEP**
 - **EXERCISE**
 - **EAT RIGHT**
- **MENTAL PREPARATION**
 - **TALK ABOUT YOUR PROBLEMS**
 - **ACCEPT WHAT YOU CAN NOT CHANGE**
 - **SET REALISTIC EXPECTATIONS**

LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT

- **PROMOTE UNIT COHESION**
 - **TEAM COHESION**
 - **INTEGRATE NEW ARRIVALS QUICKLY**
 - **KEEP MEMBERS OF SMALL TEAMS ALWAYS WORKING TOGETHER**
 - **CONDUCT AAR DEBRIEFINGS ROUTINELY**
 - **RECOMMEND EXEMPLARY SOLDIERS FOR AWARDS AND DECORATIONS**
 - **BE VISIBLE**
 - **SERVE AS AN ETHICAL ROLE MODEL**

- **ASSURE PHYSICAL FITNESS**

LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT (CON'T)

- **CONDUCT TOUGH, REALISTIC TRAINING**
 - **BUILDS CONFIDENCE**
 - **ENSURE RISK ASSESSMENTS ARE CONDUCTED**
 - **CROSS TRAIN SOLDIERS WHENEVER AND WHEREVER POSSIBLE**
- **CONSERVE THE WELL-BEING OF THE TROOPS**
 - **ALLOCATE RESOURCES TO “TAKE CARE OF THE TROOPS”**
- **KEEP INFORMATION FLOWING**
 - **KEEP ACCURATE INFORMATION FLOWING DOWN TO THE LOWEST LEVEL (AND BACK UP AGAIN); DISPEL RUMORS**
 - **PROVIDE THE JUNIOR NCO'S AND OFFICERS WITH THE NECESSARY GUIDANCE**
 - **PROVIDE AS MUCH INFORMATION TO THE SOLDIERS AS POSSIBLE**
 - **ENCOURAGE SHARING OF RESOURCES AND FEELINGS**